



Welcome to the NPF Basic sea kayak course in Stavanger Kajakklubb

Some of you may have already taken the introductory course, some may have paddled for several years, while for some this may be the first time in a kayak?

Whatever your background, we as instructors, this weekend, will teach you the basic use of kayaks and equipment under calm conditions, we will also review the techniques for self rescue and buddy rescue.

The Norwegian Canoe Association (NPF) guidelines state that the main goal of the basic course is "to introduce participant to kayak and equipment. After completing the course, the participant through simple practical exercise will have learned to use the kayak, paddle and other equipment. In addition, the participant will know simple safety procedures and practices, as well as how effectively manoeuvre the kayak. "

During the course we will review the equipment used for sea kayaking, customizing equipment, accident prevention and planning for safety. This includes practical exercises ranging from in and out of the kayak, paddling technique and steering technique. We will also learn companion rescue and self-rescue in deep water. You will, in other words swim in the ocean during of course this weekend.

The club puts the safety aspect of kayaking as a high priority, and we emphasize that no one is fully trained after the course. You will, however, have sufficient experience and training to attend the club's day and overnight trips, and you have the opportunity to borrow its sea kayaks for free. Both require that the Grunnkurs hav (basic course sea) is completed. The instructors will emphasise the importance of practice and consolidation of experience once the course is finished.

Meeting point is at our new clubhouse at Kisteneset 15, 4083 Hundvåg

Program

Saturday at 09:00 - 17:00 .

Attendance and registration. Review of the equipment required for safe paddling on the sea, various kayakneeds and paddle styles etc. Preparation of equipment. Practical exercises on land, and paddling in sheltered waters where we can practice skills. Lunch is at 12' Oclock .

Sunday at 09:00 - 17:00

Planning and tour safety/preparation. Preparation of equipment. Easy paddling at sea. Weather conditions will decide if we will go on a short tour and practice the skills we have learned.

At 12:30 p.m. to 1:00 p.m. Lunch

At 1:00 p.m. to 3:00 p.m. Continued practical exercises

At 4:00 p.m. to 5:00 p.m. End of course, rinsing and care of equipment, debrief and distribution of "wet card" / sticker.

Those who need it can borrow kayaks, paddle, buoyancy aid and drysuit from the club. If you have sea kayak and gear yourself, we recommend that you use this. Then you paddle and rescue training exercises, etc. with the equipment you will use in the future, and it is very important to be familiar with your own equipment.

Remember that we start on time! Then it is just to welcome you to the course.



Packing List for Participants

Paddling at sea requires some planning and a little thought in terms of equipment, it is always colder at sea than on land and water temperatures in northern latitudes (Norway) are very much colder than the air temperature even in the height of summer. What we wear and what we pack must reflect this. However, we always pack for the worst of weather but hope for the best of weather.

This is what you must have with you when you are on the course. It is assumed that this is in place before we go at sea, although the course instructors will check that participants have enough of the right kit. A good clue is to see what your instructors are wearing and using as they are doing this regularly.

On your body:

- Wool underwear and possibly fleece to wear under a dry-suit
- Woollen socks or wetsuit socks
- Dry suit is mandatory from until end of May, for summer period (June-October) either a dry-suit or neoprene wetsuit are acceptable, however please remember you will be swimming in deep water during the course.

Wool is better than regular underwear as it stays warm when wet. Neoprene hat, shoes and gloves you may borrow from the club

In the kayak:

- A good warm jacket to put on when we are ashore (either fleece or duvet)
- A Jerven Bag or small bivi shelter is a good item to have in your kayak.
- A small towel that can be folded up in a drybag.
- Extra set of wool underwear, socks and extra hat / gloves.
- Large packed lunch and hot drinks are mandatory.
- There is a great advantage to bring an extra thermos of hot water.
- the information meeting.
- Snacks, chocolate, nuts etc. are always good and gives energy on the way.

Pack everything waterproof – Sea kayak hatches are generally watertight but there is always dampness in them!

Waterproof dry bags are the best and they should not be too large, it is better with several small ones than one large. The hatches in the kayak limit the size of what will fit in the boat.

Do you wear glasses? A string or cord to keep them on your head when you capsize helps.

If it is sunny, sun hats, sunscreen and sunglasses would be good.

Camera, cell phone and car keys don't like sea water, either leave them in club house or pack in drybags.

Remember to have dry clothes to put on when we come ashore.

The instructor will be:

Do not hesitate to contact them if you have questions.